



October 2017



Corbin Intermediate School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of French Toast Sticks & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Mini Donuts, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
Choice of Muffin, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Pancake Wrap & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Glazed Donut, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
FALL BREAK				
Choice of Apple or Cherry Frudel, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Scrambled Eggs, Sausage Links & Toast, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Breakfast Pizza, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Funnel Cake & Syrup, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Sausage Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk
Choice of Cinnamon Bun, Cereal & Toast, Poptart Fruit, Juice, Milk	Choice of Gravy & Biscuit, Cereal & Toast, Poptart Fruit, Juice, Milk			

Some menu items are subject to change without notice due to availability

Variety of
Low fat, Fat Free White Milk
and
Fat Free Flavored Milk
Offered Daily



Fruit & Variety of Juice
Offered Daily

Corbin Intermediate School is a CEP school
(CEP - Community Eligibility Provision)

Breakfast and Lunch provided free of charge to all students enrolled in this school.

Carb Counts

<p>Entree Items</p> <ul style="list-style-type: none"> Bacon 0 Biscuit 24 Breakfast Pizza WG 26 Chicken Breakfast Pattie 4 Cinnamon Minnis WG 39 Donut, Mini Powdered WG 41 Donut, Mini Chocolate WG 41 Donut, Glazed WG 29 French Toast Sticks WG 35 Frudel, Apple WG 36 Frudel, Cherry WG 37 Funnel Cake (Dutch Waffle) WG 43 Gravy 6 Mini Pancakes WG Maple 35 Mini Pancakes WG Strawberry 35 Mini Waffles WG 35 Muffin WG Blueberry 30 Muffin WG Chocolate 32 Oatmeal 40 Pancake Wrap WG 18 Sausage 1 Scrambled Eggs 0 Toast WG 1 slice 14 <p>Cereal</p> <ul style="list-style-type: none"> Cinnamon Toast Crunch 22 Cocoa Krispies 28 Frosted Flakes 24 Froot Loops 18 Lucky Charms 23 <p>Fruit 1/2 cup servings</p> <ul style="list-style-type: none"> Apple 22 Orange 21 Banana 27 Applesauce 13-14 Diced Peaches 14 Diced Pears 16 	<ul style="list-style-type: none"> Mandarin Oranges 20 Mixed Fruit 15-17 Pineapple Tidbits 18 <p>Poptarts 2 count package</p> <ul style="list-style-type: none"> Chocolate Fudge WG 76 Brown Sugar Cinnamon WG 75 Strawberry WG 76 <p>100 % Fruit Juice 4 oz</p> <ul style="list-style-type: none"> Orange Juice Carton 15 Apple Juice - Suncup 14 Grape Juice - Suncup 19 Orange Jucie - Suncup 14 <p>Milk 8 oz carton</p> <ul style="list-style-type: none"> Low Fat White Milk 11 Fat Free White Milk 11 Fat Free Chocolate Milk 20 Fat Free Strawberry Milk 22 Fat Free Vanilla Milk 24 <p>Syrup 31</p> <ul style="list-style-type: none"> Jelly all varieties 9 Nutri Grain Bar Strawberry WG 29 Nutri Grain Apple Cinnamon WG 24
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Breakfast meal offered includes:

Grain (Entree)
Milk
Fruit
Juice

Students must select entree and a 1/2 cup fruit or juice to count as a meal

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